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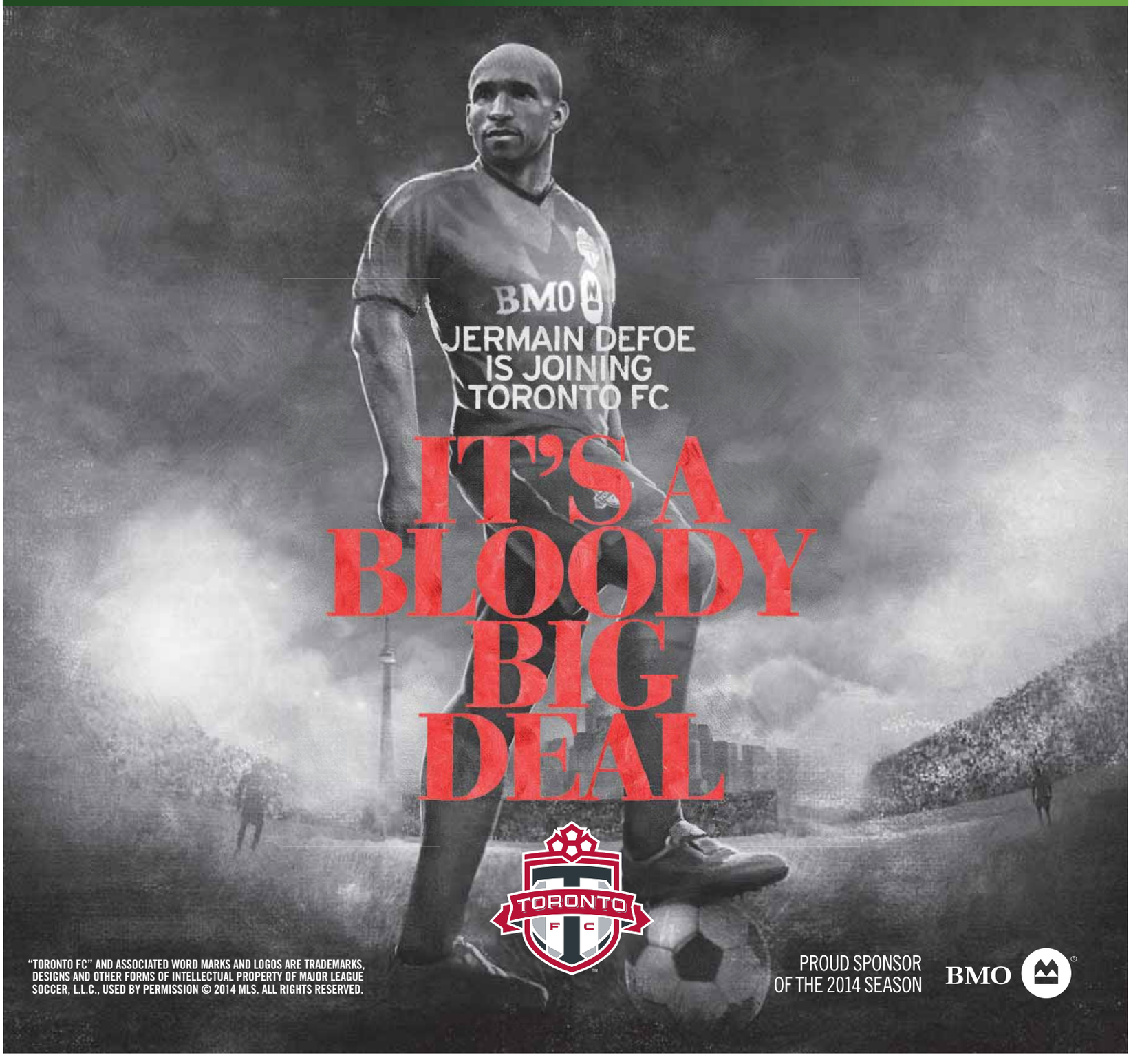
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'THE BLOOD OF THESE PEOPLE WILL BE ON ... CANADA'S HANDS'

NEIL YOUNG ACCUSES FEDS OF BETRAYING NATIVES OVER OILSANDS PAGE 4

It's like the NSA at your fingertips!

New app lets you look up the dating and social media profiles of anyone whose picture you snap, prompting distress and outrage PAGE 8

Short on pennies, high on pounds

'Figures' show that the planet's fat cats have lost their monopoly on fat, as even the impoverished are putting on weight PAGE 12

It was messy, Leafs, but a win's a win

Buds end their four-game losing streak in a shootout against the Devils, pulling out a 3-2 victory PAGE 26

Amalgamation failed its goals, research shows

Harris embarrassed?
Number of municipal government workers has ballooned since 1995, says study

It was dubbed the Common Sense Revolution — Progressive Conservative leader Mike Harris' 1995 campaign to slash the province's public sector through massive municipal government restructuring, to the tune of $250 million in taxpayer savings.

But new research has found that while amalgamation decreased the number of municipalities in Ontario — from 850 to 445, and 23 per cent of elected official positions were axed — more people than ever are working in the province's municipal governments.

"The conclusion is very strong: amalgamation didn't reduce the size of municipal government," said lead researcher Timothy Cobban, a political-science professor at Western University.

The results show the municipal public sector grew both in employment and cost — and expanded at a higher rate than the decade prior.

From 1981 to 1996, Ontario's municipal government grew by 23.9 per cent, or 39,191 jobs. Post-amalgamation, from 1996 to 2001, that increased to a 38.8 per cent growth rate, or 104,200 jobs.

That has translated into a sizeable spending spike: in 1981, Ontario spent just under $200 million on local government salaries and wages. By 2011, that number had increased to $750 million.

Public worker increase

110,000

In total, about 270,000 people work in the municipal public sector in Ontario today compared to 160,000 people in 1995.

The expansion is not explained by population growth, Cobban says. In 1990, there were 15.8 municipal workers per 1,000 people, while in 2010 there were 20.9.

Instead, Cobban says, expansion can be explained by a few factors. First, when municipalities merge, there will inevitably be job creation in some fields. For instance, if suburban and urban areas merge, new firefighters will likely be hired. That's because the suburb may have previously had a part-time or volunteer department.

Mike Harris TORSTAR NEWS SERVICE FILE

Amalgamation also tends to hike wages and salaries for public-sector employees, since the merging of collective-bargaining units usually means they are harmonized upwards, Cobban said.

The growth can also be partially explained by the so-called "downloading" of provincial responsibilities onto municipalities, such as social assistance, housing and public health funding.

The findings don't necessarily mean amalgamation as a whole was a failure, Cobban said. Though it's clear it didn't achieve its stated goal, it may have produced municipalities that are stronger and better run, he said.

"We're agnostic about the conclusion, about whether it's good or bad on its own," he said. TORSTAR NEWS SERVICE

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I WON THIS FAIR, SEE?

Amy Adams accepts the award for best actress in a motion picture, musical or comedy for her role as a con artist in American Hustle during the 71st Annual Golden Globe Awards at The Beverly Hilton Hotel in Beverly Hills on Sunday. See story, page 17. PAUL DRINKWATER/NBCUNIVERSAL/GETTY IMAGES

On January 28

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Hundreds of mourners bid farewell to slain 16-year-old

Memorial. Many in attendance were friends and acquaintances of the teen, who had recently moved to Brampton from Toronto

To the strains of Buddhist funeral chants and the sobs of teenage friends, Brenda Pathammavong was laid to rest Sunday, days after she was shot to death at just 16.

So many of the GTA's close-knit Laotian community flocked to the Brampton student's memorial, there was standing room only in the chapel of the Glendale Funeral Home and an overflow room was set up where loved ones watched the ceremony streamed live on a large screen.

"It's so hard to believe this sweet soul has been taken from us; for such a small girl, your heart was the biggest," said one of two young women who delivered the first of several tributes — some in English, some in Laotian — from beside the open casket. Both girls broke down as they spoke.

Pathammavong was found Wednesday morning by police, shot dead inside a red Lexus in a Richmond Hill parking lot alongside friend Premier Hoang — also dead — and Brenda's older brother, who remains in hospital.

Police have since said they believe the shooting was drug-related.

TORSTAR NEWS SERVICE

Personal moment

- Everyone who had sent one of the myriad floral arrangements was called to the front, one by one, for a personal moment at the casket, from individuals to couples to entire groups of students.
- Each visitor received a card with Brenda's photo and the popular memorial poem Do Not Stand at my Grave and Weep.

Mourners hug following the funeral for Brenda Pathammavong at Glendale Funeral Home in Etobicoke on Sunday. Pathammavong, 16, was laid to rest days after she was shot and killed while sitting in a car in Richmond Hill.

RICK MADONIK/TORSTAR NEWS SERVICE

Boards ignoring deal for non-teaching staff: CUPE

Fred Hahn, president CUPE Ontario.

ANDREW WALLACE/TORSTAR NEWS SERVICE

The union representing 55,000 non-teaching staff in Ontario schools — janitors, food workers, early childhood educators and others — says some school boards still aren't giving their members all the benefits won in the latest contract with Queen's Park. That raises concerns over the chances for successful bargaining in the future.

Fred Hahn, president of the Canadian Union of Public Employees Ontario, said the fact the provincial government is not compelling all school boards to apply the new deal — meaning some workers receive a lower level of long-term sick leave, for example — suggests it is forgetting these lesser-known education workers.

He says these gaps raise doubts about the value of supporting proposed new legislation — Bill 122 — that may determine how negotiations will proceed between the union and the province in the future.

"Bill 122 proposes a way forward — but how can we move forward when the government hasn't made sure boards live up to what we bargained a year ago?" Hahn said.

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Past deal

- CUPE negotiated a deal a year ago with the provincial government, but about 12 school boards have not implemented the benefits won in that deal, Fred Hahn said.

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Freeze! In the name of endangered species

Sure, the polar vortex was cold.

But not as cold as the cells of a snow leopard frozen in liquid nitrogen since 1995, or the sperm of a wood bison cryogenically preserved for more than three decades.

The Toronto Zoo is one of just a handful of animal reproductive labs in North American zoo facilities. (It's referred to as a "bio bank" because San Diego has trademarked the term Frozen Zoo.) The goal is to maintain the genetic diversity of dwindling species forever — perhaps for use someday by future scientists with improved reproductive techniques.

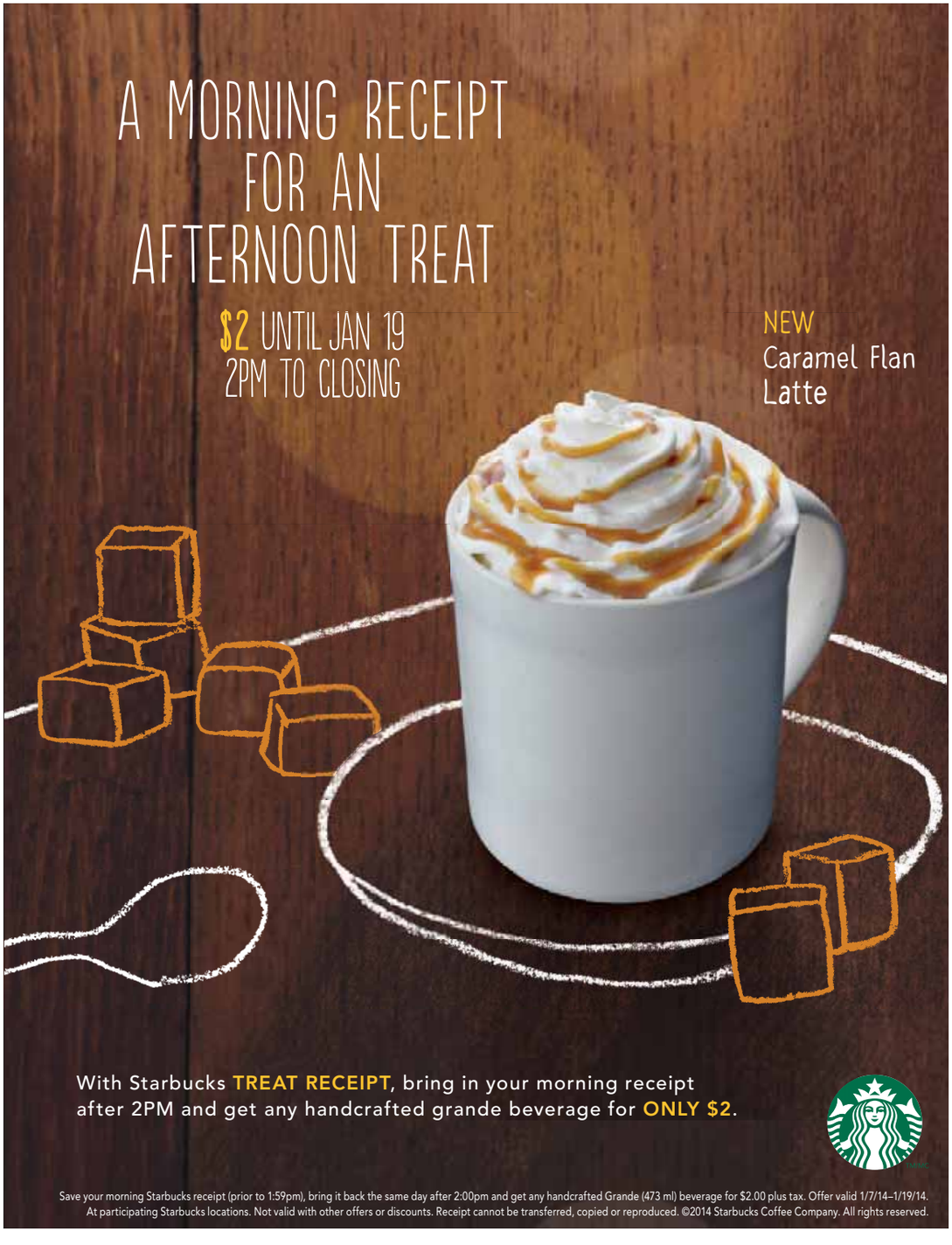
For Gaby Mastromonaco, the curator of reproductive programs and research at the Toronto Zoo, it's a cool job. That's a little joke she uses sometimes.

In fact, her job is about being cold. Really cold. The cell samples, mostly sperm, she has collected are frozen at 196 C below zero in liquid nitrogen. The frozen zoo is home to more than 50 rare and endangered species frozen in genetic time capsules, in hopes that one day scientists could use the DNA to reproduce living creatures.

"The goal is to preserve all the hair colour, all the eye colour," Mastromonaco said from the gamete laboratory, surrounded by microscopes, culture tubes, pipettors, sperm straws and drawers full of cryocanes.

"It's more than that, and other things we might not see. It's immunity, how well they survive in the wild or how quickly they metabolize. Not cute and cuddly genes, but important genes for survival."

TORSTAR NEWS SERVICE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Neil Young performed the first of four "Honor the Treaties" concerts at Massey Hall in Toronto on Sunday. All the proceeds will go to the Athabasca Chipewyan First Nations legal defence fund. TOM PANDI/FOR METRO

Oilsands trade 'integrity for money': Young

Sharp words for Harper government.
Rocker, in town for concert, condemns what he sees as a violation of treaty rights

Canadian rock icon Neil Young launched a blistering attack on the Harper government and Alberta's oilsands at a news conference on Sunday in Toronto, saying that he was "shattered" after visiting a Fort McMurray industrial site he compared to the atomic bomb-devastated wreckage of Hiroshima, Japan.

Joined on the Massey Hall stage by representatives from the Athabasca Chipewyan First Nation, Young was especially scathing in his criticism of PM Stephen Harper's "hypocritical" administration, which Young said was ignoring science to irresponsibly drive corporate profits.

"Canada is trading integrity for money," said the environmentally engaged 68-year-old rocker. "That's what's happening under the current leadership in Canada, which is a very poor imitation of the George Bush administration in the United States and is lagging behind on the world stage."

He added: "Money is number one. Integrity isn't even on the map."

Young was speaking hours before he was set to take the same stage for a concert, the proceeds of which were to be directed to the Athabasca Chipeyan First Nation Legal Fund.

The Athabasca Chipewyan First Nation represents a community living roughly 200 kilometres downstream of current oilsands development. The group is embroiled in a legal battle to protect their traditional territory from further industrialization. THE CANADIAN PRESS

Have they no conscience?

"This oil is all going to China. It's not for Canada ... it's not ours. It belongs to the oil companies. And Canada's government is making this happen. It's truly a disaster to anyone with an environmental conscience." Neil Young

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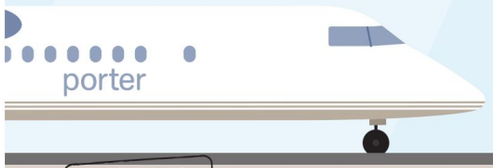

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Potholes. Road-wrecking weather triggers fix-it blitz

Monday's warmer weather will allow city crews to begin patching thousands of potholes that were created during the freeze-thaw cycle of extreme temperatures so far this winter.

Up to 50 pothole crews will spread out across the city Monday morning to fix the hazardous holes.

"As a result of frigid temperatures over the past couple of weeks and the recent mild temperatures we've been getting over the past few days, it's been putting a lot of stress on our roadways," said Hector Moreno, manager of road operations for the city.

The recent January thaw is the perfect time for crews to begin repairing roads, and if temperatures remain warm, crews will continue to work throughout the week, he said.

"Typically we can fix anywhere from 25 to 50 potholes per crew, per day," he said.

City crews have already repaired about 4,000 potholes so far this year, compared to about 1,500 at this point last season.

Residents can report potholes by calling 311 or by going to the city's website.

TORSTAR NEWS SERVICE

On Sunday, crews were repairing a sinkhole at Yonge and Mill Street. TORSTAR NEWS SERVICE

Home invasion

Suspects sought after elderly woman robbed

Police are searching for up to seven suspects who forced their way into the home of an 80-year-old Toronto woman. Police say the thieves had guns and grabbed computers and cash before taking off. THE CANADIAN PRESS

Clearing snow

Woman killed by falling roof

A woman is dead after the roof above her collapsed while she was clearing snow at her mother's home north of Peterborough. Provincial police say 64-year-old Bonnie Dewey was clearing the deck of the house on Saturday afternoon when the roof fell on her. THE CANADIAN PRESS

Dragons' Den star rewards 18-year-old entrepreneur

Future dragon. One-time dropout plans to put funding back into school program that gave him confidence to win the contest

TAKARA SMALL
Metro Online

Student Kyle Echlin, right, was the recipient of Kevin O'Leary's Future Dragon Fund. CONTRIBUTED

Inside the halls of the Oasis Alternative Secondary School, Kyle Echlin and his peers are cashing in on his big idea.

The 18-year-old is the winner of CBC's Future Dragon Fund. The contest, spearheaded by TV star Kevin O'Leary, gives out $5,000 to help students in Grades 11 and 12 pursue their own business project.

"I wanted to help teens that had a desire to start their own businesses. I was unable to find any charity that supported them, so I started my own," says O'Leary.

Oasis is no ordinary institution. Students at the Toronto District alternative school often, but not always, have a background in "trouble," not business.

The school runs a successful program called the Oasis Skateboard Factory that teaches students how to create their own skate business from the ground up and build a brand. Echlin is not only enrolled in the program, he's also its business manager.

The former dropout learned the basic how-tos of entrepreneurialism in the program and garnered the confidence he needed to win the competition. Echlin won the competition for his video about his school's program, in which he asked for funding to buy much-needed supplies for the school.

"The school gives kids like me something that no other school does," he says. "You may get a second chance in life, but it's always on your record and people will 'ooh' at you. Here no one cares about your past."

The teen plans to use the money he received from O'Leary to give back to the program that started it all for him, so it can invest in more machinery, artwork and tools.

No surprise that O'Leary holds the same teachings close to his heart.

"I believe everybody who has achieved some success should give back. This is my way of doing that," he says.

Echlin hopes his Future Dragon Fund win will show other youth that despite adversity, success is achievable.

"This is gonna show people what the value of money is and how it works," he says. "You have to work hard to get good things, and we worked so hard for this."

Although next semester will be Echlin's last, he plans to stay in touch with his alma mater and move forward with starting his own business.

"I'm hoping to have my own shop and stay in touch with Oasis.... Maybe I'll end up being that guy talking to a little me."

Rewards of hard work

"You have to work hard to get good things, and we worked so hard for this." Kyle Echlin

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'Creepy' new app can ID you at the snap of a photo

NameTag. The app can spot and match a face in seconds

KATE WEBB
Metro in Vancouver

A new facial recognition app that allows anyone to instantly look up social media and dating profiles of someone whose photo they snap has been denounced by Canadian privacy watchdogs as "creepy" and "dangerous."

Creators of the app, called NameTag, say it can spot a face using Google Glass' camera or an Android phone, send it to a server, compare it to millions of online records and in seconds return a match complete with a name, additional photos and social media profiles.

The developer, FacialNetwork.com, says it is working on making the system compatible with dating sites such as PlentyOfFish.com, OkCupid.com and Match.com, and that it will also be able to identify people with a criminal history.

Google Glass does not currently support facial recognition apps because of privacy concerns, but the app's developers are hoping to change that. In the meantime there will be several other ways to access it once it is released in the spring. Anyone with a photo of a stranger will be able to log in to the NameTag website or use a device that supports the app. They can upload the photo and discover the subject's Facebook, Twitter, and LinkedIn accounts, as well as dating profiles.

The app's creator, Kevin Alan Tussy, said in a statement that people who do not wish to be identified will be able to log onto the website and opt out of being searchable. **WITH FILES FROM TORSTAR NEWS SERVICE**

Facial recognition

The technology is already used by some Canadian stores to stop known shoplifters from entering, and by governments, high-security buildings and banks to verify identities.

- Neither the app nor Google Glass are currently available in Canada.

Watchdog warning

Perfect for predators

Popular children's entertainer and advocate Raffi Cavoukian, whose sister Ann Cavoukian is Ontario's privacy commissioner, began tweeting about NameTag as soon as news of it reached him this week.

He is the founder of the B.C.-based Centre for Child Honouring, and co-founded the Red Hood Project, a movement for consumer protection for children, in the wake of the Amanda Todd tragedy. He has also written a book about Internet privacy called Lightweb, Darkweb: Three Reasons To Reform Social Media Before It Re-Forms Us.

He said NameTag's promise to protect minors rings hollow. "It's impossible," he said. "You can't know how old someone is online in social media … Millions of parents, and this is well known, lie about their kids' age, and put them on Facebook much younger than 13."

His Red Hood Project co-founder, Vancouver-based activist Sandy Garossino, has been calling for years on the federal government to force social media companies to require age verification. Metro is awaiting answers from NameTag about how the app can assure that minors will not be searchable in the absence of mandatory age verification by social media companies. But even beyond concerns about children's safety, Garossino said the app should raise major red flags for women everywhere. "Guys will use this to identify women that they want to find out more about and meet," she said. "So it is clear this opens the doors wide to stalking… For girls and women this is actually a real and present danger.

"The public should be getting extremely angry about this, and women need to stand up and say 'this is not on, our faces are not your property. Your right to invade my space stops at my face.'"

MARS ONE: SNAPSHOTS

Seventy-five Canadians are among the 1,058 finalists shortlisted for a one-way mission to the red planet with Mars One. Here's a look at one of the candidates.

Blacksmith, father in the running

Waking up at 5:30 a.m. for a light breakfast of a bagel, a handful of trail mix and a variety of vitamins, Justin Semenoff is a pretty normal guy.

A skilled blacksmith, a father of one son and a combat engineer with the Canadian Forces, you wouldn't take a second look at Semenoff when he's shopping at Co-op in Saskatoon's Stonebridge neighbourhood or while he's out for a bicycle ride. But there's something unusual about this 35-year-old Saskatchewanian.

Semenoff, alongside 75 other Canadians, has been shortlisted from among 200,000 applicants as a candidate for the Mars One project — an ambitious endeavour with a goal to launch the first human colony on the Red Planet in 2025.

Describing himself as not a "hugely public person," Semenoff points out that being shortlisted has taught him skills and prompted him to want to become an ambassador for the mission. "It's a good learning lesson," he said over a cup of coffee at his home.

An hour after breakfast, Semenoff travels from his condominium to what he calls his "second home" — Diekema Martial Arts in downtown Saskatoon.

Semenoff generally trains two to three hours per session, three times a week.

"It falls into the same category as family. How do you get up and leave them forever?" he asked, as sweat poured down his face.

"But with great accomplishment comes great responsibility and sacrifice ... I'll focus on that when — and if — that time even comes." **MORGAN MODJESKI/METRO IN SASKATOON**

Justin Semenoff, one of 1,058 people from around the world shortlisted for the Mars One project. MORGAN MODJESKI/METRO IN SASKATOON

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Former Israeli prime minister Ehud Olmert stands in front of the coffin of Ariel Sharon at the Knesset plaza in Jerusalem on Sunday. Sharon, the hard-charging Israeli general and prime minister who was admired and hated for his battlefield exploits and ambitions to reshape the Middle East, died Saturday, eight years after a stroke left him in a coma from which he never awoke. He was 85. ODED BALILTY/THE ASSOCIATED PRESS

Israelis offer final goodbyes to Ariel Sharon

'There will never be anyone else like him.' Former comrades, political allies and regular citizens flock to Jerusalem to pay respects to late leader

Israelis from all walks of life flocked to parliament Sunday to catch a glimpse of Ariel Sharon's coffin and pay their final respects to the iconic former prime minister and general.

A stream of visitors ranging from former army comrades to political allies to citizens who only knew him from afar remembered Sharon as a decisive leader, for better or for worse, and one of the final heroes of Israel's founding generation.

"Those who didn't know him from up close can't truly understand what a legend he was," said a choked-up Shlomo Mann, 68, who served under Sharon's command in the 1973 Mideast war. "There will never be anyone else like him."

The 85-year-old Sharon died Saturday, eight years after a stroke left him in a coma.

In a career that stretched across much of Israel's 65-year existence, his life was closely intertwined with the country's history. As one of Israel's most famous generals, the man known as "Arik" was renowned for bold tactics and an occasional refusal to obey orders. To his supporters, he was a war hero; to his critics, a war criminal.

As prime minister late in life, he was embraced by the public as a grandfatherly figure who provided stability in times of turmoil.

A state memorial is planned for Monday at parliament, followed by a funeral service at Sharon's ranch in southern Israel. U.S. Vice-President Joe Biden, former British Prime Minister Tony Blair and others are expected to attend the ceremonies. THE ASSOCIATED PRESS

Redskins to Eagles. Ottawa-area football team drops controversial name

An Ottawa-area football team at the centre of controversy over its racially charged name has officially picked a new one.

The Nepean Redskins will become the Nepean Eagles as they enter their 36th year as a football club, the team announced on its website.

"The transition from the Redskins name and colours will take a few years yet, however there will be significant obvious changes this year; jerseys, helmets, scoreboard, etc," team president Steve Dean said in a note on site, where a promotional video goes over the history of the team, noting it was first called the Barrhaven Buccaneers when it was formed in 1978, before being renamed in 1981.

As music swells over slow-motion footage of kids playing football, an announcer intones:

"As a community owned and operated club its players, coaches, parents and volunteers provide excellent cheer and football programs from tackle to touch and to flag. It is these core elements of the club that bring everyone together that truly matter, not the name that resides on the side of the helmet."

No mention is made in the video of the two-year-long campaign waged by Ottawa-based Ojibway hip-hop musician Ian Campeau to get the club to change its name, nor of his eventually filing a human-rights complaint against the team in September.

Campeau complained that the Redskins team name was racist and insulting to aboriginal people.

SEAN MCKIBBON/METRO IN OTTAWA

Quoted

"I'm ecstatic and look forward to many championships being won under 'The Eagles' moniker!"

Ottawa-based Ojibway hip-hop musician Ian Campeau, who waged a two-year-long campaign to get the club to change its name

Bored Nation. Petition to make Ford an honorary American met with yawns

A petition to make Toronto Mayor Rob Ford an honorary U.S. citizen hasn't garnered much support.

The petition appears on the White House website under the headline: "Proclaim Robert Bruce 'Rob' Ford, the 64th Mayor of Toronto, An Honorary Citizen of the Unites States of America." Four people had signed it by Sunday afternoon.

Even though the petition had received a bit of media attention, there doesn't appear to be a great public stampede toward the cause.

The tongue-in-cheek petition says, "Mayor Ford is clearly a hero of humanity who deserves the very best. We therefore petition (President Barack) Obama to declare Mayor Ford an Honorary Citizen of the United States."

As of Sunday afternoon, the petition was 99,996 signatures short of the 100,000 required to get a White House response.

THE CANADIAN PRESS

An online petition to make Toronto Mayor Rob Ford an honorary U.S. citizen hasn't garnered much support so far. CHRIS YOUNG/THE CANADIAN PRESS

The Vatican

Quebec archbishop named cardinal

Quebec Archbishop Gerald Cyprien Lacroix was among a new batch of cardinals selected by Pope Francis on Sunday.

A total of 19 men were named to the senior ecclesiastical post in an announcement at the Vatican.

"I'm touched by the confidence shown by Pope Francis," Lacroix told reporters following Sunday mass in Quebec City.

THE CANADIAN PRESS

Vancouver

CN: Heavy rainfall caused derailment

A CN Rail spokeswoman has confirmed heavy rainfall led to a train derailment in the Vancouver area Saturday.

Emily Hamer says the increased amount of rain caused a beaver dam to wash out, spilling water onto the tracks and causing a train in Burnaby to jump the tracks. **THE CANADIAN PRESS**

St. Maarten

Casket mix-up may have sent Canadian's body to Rhode Island

The federal government is assisting the family of a Canadian woman who died on the Caribbean island of St. Maarten but whose body may have been sent to the wrong place. A Foreign Affairs spokeswoman says the department has been in touch both with officials on St. Maarten and relatives of the Canadian, whose identity has not been released.

The trouble began last month after a Rhode Island woman found someone else's body in a casket that was supposed to contain her mother, who died suddenly while vacationing in St. Maarten.

That family believes a hospital or funeral home confused the American woman's body with that of a woman from Ottawa — both died on the island around the same time.

THE CANADIAN PRESS

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The meek shall inherit the girth — world's poor becoming fat

Tipping the scales. Obesity no longer a first-world problem as the developing world battles the bulge

ELISABETH BRAW
Metro World News in London

Fat fact: Overweight and obesity rates have almost doubled in Mexico since 1980, says U.K. think-tank Overseas Development Institute. GETTY IMAGES

For generations, Mexicans have enjoyed aguas frescas, a healthy thirst-quenching beverage. But today, they drink the most soda per capita in the world.

And the effect is showing up on health statistics: today 33 per cent of Mexicans are obese, which makes them even fatter than the United States (32 per cent), according to the UN's latest figures.

"People's palates have been kidnapped," says Xaviera Cabada, nutritional health co-ordinator at El Poder del Consumidor, a Mexican nutrition organization. "People have become so used to salt and grease in junk food that when they cook traditional dishes, they use more grease."

Yet overweight Mexicans don't live in opulence. On the contrary, they're usually low-income earners.

Around the world, the poor are becoming fat. Just as Mexicans are abandoning their healthy grain- and fruit-based diet, others are ditching their inexpensive fare in favour of fast food.

According to the World Health Organization, obesity is still less common in low-income groups, but being poor is no longer a guarantee against the bulging waistline.

"Obesity is a big-time problem," says Hank Cardello, director of the Obesity Solutions Initiative at the Hudson Institute in Washington, D.C., and author of Stuffed: An Insider's Look at Who's (Really) Making America Fat.

"In the U.S. alone, it costs around $200 billion per year," Cardello said. "And there's the personal cost: obesity is the portal to diseases like diabetes."

Nowhere is the obesity trend stronger than in Latin and South America's growing economies. Peru now has more fast-food restaurants per capita than any other country. In Guatemala, half of children suffer from anemia and stunting, while half of women are either overweight or obese.

"It's already showing results in obesity-related illnesses," reports Cabada. "So many people have diabetes now. If you ask a room full of Mexicans if they have diabetes, 80 per cent will say yes. And some people with normal weight have nutrition-related illnesses as well."

In 2011, 81,000 Mexicans lost their lives to diabetes — three times as many as were killed in the country's escalating drug war.

But even though countries face huge health-care costs, nobody can force people to eat better — or companies to make healthier food. The answer, says Cardello, is to show food giants that they'll improve their bottom line by reducing calories in their products.

"People want their Coke and potato chips," said Cardello. "The answer is not to take bad products off the shelf but to introduce healthier ones."

Even so, switching to a healthier cousin of the potato chip is just a Band-Aid on the global fast-food addiction. But Cabada sees a ray of hope: "Here in Mexico, people are noticing that they're getting fatter, so they're becoming more alert."

In poor taste

"People have become so used to salt and grease in junk food that when they cook traditional dishes, they use more grease."

Xaviera Cabada, expert at Mexican nutrition group El Poder del Consumidor

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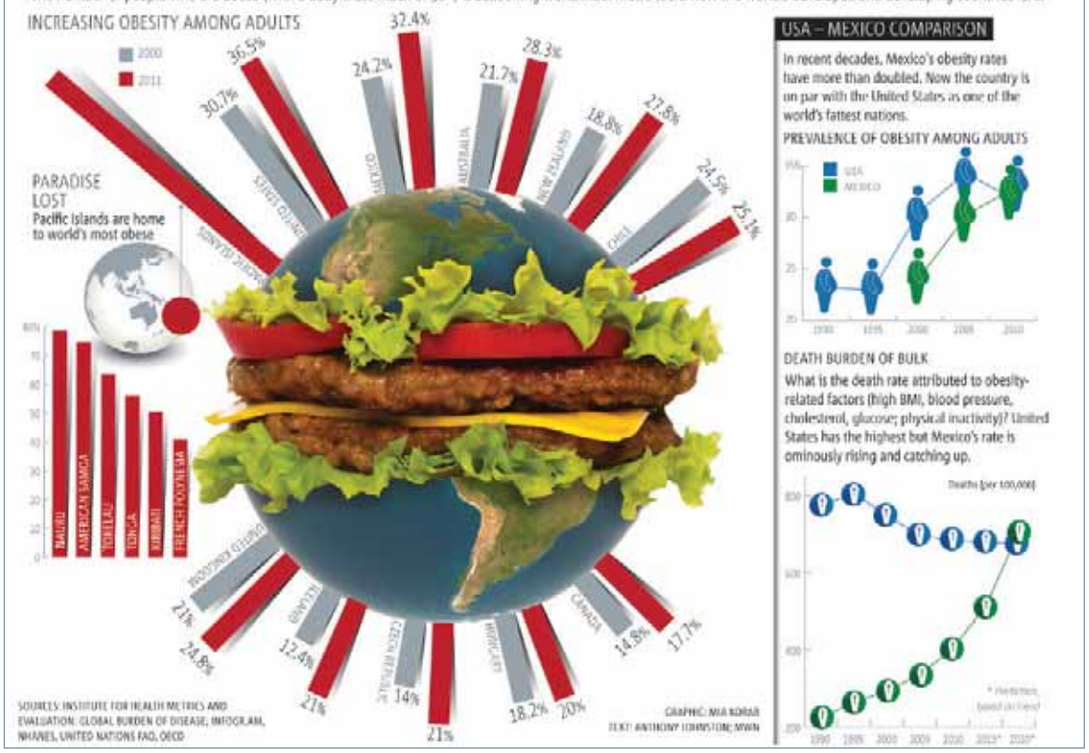
DEATH BY FOOD: WE'RE GETTING FATTER

The number of people who are obese (with a Body Mass Index of 30+) is ballooning worldwide. Metro looks how the world's developed and developing countries fare.



USA – MEXICO COMPARISON

In recent decades, Mexico's obesity rates have more than doubled. Now the country is on par with the United States as one of the world's fattest nations.

PREVALENCE OF OBESITY AMONG ADULTS

DEATH BURDEN OF BULK

What is the death rate attributed to obesity-related factors (high BMI, blood pressure, cholesterol, glucose; physical inactivity)? United States has the highest but Mexico's rate is ominously rising and catching up.

Top 5 good fast-food innovations

1 Burger King Satisfries

French fries coated with a batter that helps the food product absorb less fat.

2 Campbell Soup Goldfish Puffs

A healthier version of the famous Goldfish snack, they're air-puffed, gluten-free and contain fewer calories.

3 McDonald's Premium McWraps

Sandwiches contain cucumber, tomatoes and lettuce. The chain has also introduced side salads as an alternative to fries.

4 General Mills Green Giant Roasted Veggie Tortilla Chips

The brand plans to introduce 10 more vegetable snacks.

5 Kraft colour-free Mac and Cheese

The all-American staple will now be sold in its natural colouring instead of using a bright artificial dye.

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Gay man jailed for sending text message dies

Cameroon. Lawyer blames government for 34-year-old's death following a hernia

A gay man in Cameroon who was jailed for sending a text message to another man saying "I'm very much in love with you," and who was later declared a prisoner of conscience by Amnesty International, has died, according to a lawyer who worked on his case.

Roger Jean-Claude Mbede, 34, died Friday roughly one month after his family removed him from the hospital where he had been seeking treatment for a hernia, lawyer Alice Nkom said.

"His family said he was a curse for them and that we should let him die," she said.

Mbede was arrested in March 2011 in connection with the text message and convicted the following month under a Cameroonian law that imposes up to five years in prison for homosexual acts. He received a three-year sentence.

Cameroon brings more cases against suspected gays than any other African country, according to Human Rights Watch. The rights group said in a March 2013 report that at least 28 people had been charged under the law in the past three years.

Mbede developed the hernia while in prison. In July 2012, he was granted provisional release on medical grounds, according to Human Rights Watch, and went into hiding. An appeals court upheld his conviction in December 2012.

"I accuse the state," said Nkom. "If there had not been criminalization of homosexuality, he would not have gone to prison and his life would not be over ..."

THE ASSOCIATED PRESS

Unapologetic

Cameroonian officials have been unapologetic about their enforcement of the anti-gay law, and have rejected recommendations from the UN Human Rights Council to protect sexual minorities from violence.

The colour of democracy

An anti-government protester holds a national flag during a speech from the stage during a rally at the Democracy Monument in Bangkok, Thailand, Sunday. The protesters want caretaker Prime Minister Yingluck Shinawatra to resign and her government replaced by a non-elected interim administration, which will implement reforms they say are needed to stop corruption and money politics. The banner reads: "Resident of Koh Pa-ngan." APICHART WEERAWONG/THE ASSOCIATED PRESS

International deal

Iran agrees to slow down, open up nuclear program

Iran has agreed to limit uranium enrichment and to open its nuclear program to daily inspection by international experts starting Jan. 20, setting the clock running on a six-month deadline for a final nuclear agreement, officials said Sunday.

In exchange, the Islamic Republic will get a relaxation of the financial sanctions that have been crippling its economy.

The announcement that Iran and six world powers (Britain, China, France, Germany, Russia and the U.S.) had agreed on the plan for implementing an interim agreement came first from Iranian officials and was later confirmed elsewhere. Some U.S. lawmakers have been leery of the deal.

Deputy Foreign Minister Abbas Araghchi told IRNA state television some $4.2 billion in seized oil revenue would be released.

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Put eggs in more than one basket

HOW TO ROLL
Alison Griffiths
metronews.ca

There has never been a better time to be defensive with stock market investments. Record highs of more than 25 per cent gains were reached in the American markets in 2013. Even though Canada and Europe lag, whatever happens to the U.S. in terms of a market decline will definitely affect everyone else.

An asset allocation will protect you by taking the emotion out of investing. You follow the asset allocation, not the fears, hopes and predictions littering the money world.

In 1990, Dr. Harry Markowitz won a Nobel Prize in economics after proving that diversified portfolios (don't put all your eggs in one basket) maximize return while minimizing risk.

In the end, minimizing risk is the single most important investing goal.

An asset allocation apportions your money among cash (GICs, high interest accounts), bonds and equities. The first two are often lumped together and called fixed income.

Cash is a good place to start. Its role is to cope with emergencies inside and outside a portfolio. Those outside the portfolio include unexpected expenses. Let's assume that your 100-per-cent equity portfolio dropped 40 per cent in 2008-09, but you needed to withdraw some funds. Without cash you would have had to sell investments at a huge loss.

Cash inside your portfolio also allows you to tweak your asset allocation during times of stock market emergencies. Say you chose an allocation of 15 per cent cash, 35 per cent bonds and 50 per cent equities. When the markets were slammed in 2008-09, the percentage in equities declined dramatically.

Cash offered the chance to buy more equities and bring the percentage back closer to 50 per cent. Here's where an asset allocation really shines. If 50 per cent equities is your chosen amount, when it drops to, say, 35 per cent you don't fret about whether it's time to buy back into the market. You just do it based on the percentages.

Anyone who used cash to follow a chosen asset allocation during the various market declines over the past 20 years is sitting pretty now.

Every Monday

Alison Griffiths is a financial journalist, bestselling author and broadcaster. Her new investing column, How to Roll, will run Mondays in Metro and at metronews.ca.

Christmas comes late for astronauts

Christmas has finally arrived for the six space station astronauts.

A privately launched supply ship arrived at the International Space Station on Sunday morning, three days after blasting off from Virginia. The space station crew used a hefty robot arm to capture the Cygnus capsule as the two craft zoomed side by side at more than 28,000 km/h.

The Cygnus is carrying 1,360 kilograms of equipment and experiments for NASA, including ants for an educational project. Also on board: eagerly awaited Christmas presents from the families of all six spacemen as well as some fresh fruit courtesy of NASA.

NASA is relying on private industry to keep the orbiting lab well stocked in this post-shuttle era and, in four more years, possibly supply rides for U.S. astronauts as well.

Orbital Sciences Corp. was supposed to make the delivery last month, well before Christmas. But the Virginia company had to wait a month. A space station breakdown in December took priority, and NASA bumped the flight to January in order to repair the disabled cooling system at the orbiting outpost. Then frigid weather at the launch site forced a delay. Then a strong solar storm interfered. THE ASSOCIATED PRESS

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TIRED OF THE TORY SPECULATION

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

There are lots of famous will-they-or-won't-they stories. Sam and Diane on Cheers. Ross and Rachel on Friends. Sherlock and Watson on Sherlock. And, of course, in Toronto, we've got one of our own: John Tory and the mayor's office.

It's a courtship that's played out in various forms for a decade, ever since the broadcaster and former Ontario PC leader made his first failed run at the city's top job in 2003. In 2010, speculation that Tory would make another go at it dominated much of the mayoral race, causing big-money donors to hold off and overshadowing the platforms of the candidates who were actually running.

Four years later, as the city preps for another municipal election, the will-he-or-won't-he speculation around Tory has revved up again. There was a minor brouhaha last week when false rumours began spreading on Facebook that Tory had announced he wouldn't run. Tory had to quickly clarify things: He hasn't, he said, made a decision yet as to whether he's going to run. But he'll let us know.

Sounds familiar, doesn't it?

But the big question shouldn't be whether Tory will run. The more important question is whether he should run.

On that question, I find it hard to see the big upside to a Tory candidacy. It's not like we have a shortage of candidates. Left-leaners will very likely have Olivia Chow to rally around. Whoever's left in Ford Nation by October will have their main man, assuming he's not in jail. And if your politics lean centre-right, there's Karen Stintz or David Soknacki, who's put together a smart platform.

They're all viable candidates. Tory, on the other hand, is well-respected but doesn't have a great electoral history. His tendency to try to find middle-of-the-road solutions has led to him shooting himself in the foot on more than one occasion. After losing in 2003, he not only failed to lead the PCs to government but also dropped his targeted seat in the legislature to Kathleen Wynne. Then he somehow lost again in an attempt to win another seat in a byelection.

Maybe elections just aren't for him. And really, there's nothing wrong with that. Since hanging up his immediate political ambitions, Tory has become an incredibly important voice as chair of the Greater Toronto CivicAction Alliance. He's one of the few high-profile figures with right-wing cred to talk seriously about transit and the need for dedicated funding. He's well-positioned to make big things happen whether he's mayor or not.

So why rock the boat? If Tory is still conflicted about running this year, then he should take that as a sign that he simply shouldn't. This election is way too important to be dominated by yet another will-he-or-won't-he Tory story.

ZOOM

Go Canada Go!

JEFF MCINTOSH/THE CANADIAN PRESS

Olympians treated like rock stars

Natalie Spooner, a member of Canada's women's hockey team, high-fives Madison Armet, 13 months old, during a send-off party for Canada's Sochi-bound Olympic athletes in Banff, Alta., Saturday.

Hundreds of fans wished the country's Olympians good luck at the upcoming Games in Russia. **METRO**

Lucky charm

- The Royal Canadian Mint revealed its 2014 lucky loonie at the Banff block party.
- The coin is intended to be a good-luck charm for athletes and will be given to each member of the Canadian team. **METRO**

Steve Podborski, right, chef de mission for Canada at the 2014 Winter Olympics, inspects the newly unveiled lucky loonie.
JEFF MCINTOSH/THE CANADIAN PRESS

We've got Games

Team Canada is ready to make some noise in Sochi and Metro will be there to follow its athletes. Go to metronews.ca/gameon for the latest in video, photos, chat and news from the 2014 Winter Games.

Clickbait

LUKE SIMCOE
Metro Online

3D printing has been a tech buzzword for the past few years, and 2013 saw the phenomenon subjected to equal parts hype and hyperbole (3D-printed guns, anyone?). However, based on the offerings on display at this year's Consumer Electronics Show, 2014 may be the year when 3D printers become stable enough, user-friendly enough and cheap enough to make it into the mainstream. Here are just a few of the 3D printers that made waves at this year's CES:

MakerBot Z18:

MakerBot is definitely the company to beat when it comes to commercial 3D printers, and the Z18 is its new flagship. Capable of printing objects 12 inches wide and 18 inches tall, it's one of the largest printers on the market. It will retail for $6,499 US and come with access to MakerBot's digital store, billed as the iTunes of 3D printing.

ChefJet:

Billed as a 3D printer for foodies, the ChefJet can print candy, frosting and sugary garnishes. It comes with its own user-friendly software and retails for an estimated $5,000.

GETTY IMAGES

The da Vinci:

A budget entry by XYZprinting Inc., the da Vinci was one of the most affordable printers at CES. It's expected to ship by mid-March and will sell for a paltry $499.

Twitter

@metropicks asked: Tonight celebs at the Golden Globes will honour the best in Hollywood. Do you think these award ceremonies still matter?

@kmacnaull: Sometimes you need a break from the seriousness of the world and celebrate creativity, laughter & a great dress.

@RealMarcDunn: When fame & fortune aren't enough, only a globular hunk of metal will do. #GoldenGlobes #allwashedup

@SpenceShaun: Timeless Hollywood tradition to honor the hard work of countless individuals. Wouldnt happen if it didnt matter.

@mrscrazycakes: most of the movies don't matter. Why would the awards.

@77_tree: yes, a lot of hard work and dedication is put in bythese actors,its their job and this is a way to acknowledge it

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Stars gather for one last big show before Oscar time

Golden Globes.
Less-polished little sister of awards ceremonies full of off-kilter moments

NED EHRBAR
Metro World News in Hollywood

The stars of film and television packed the Beverly Hilton ballroom Sunday for the 71st Annual Golden Globe Awards. With the Academy Awards nominations just days away, the results from the Globes are expected to be a bigger factor than usual in this year's Oscar race.

Amy Adams and Jennifer Lawrence certainly upped the chances for American Hustle, taking home best actress in a motion picture comedy and best supporting actress in a motion picture, respectively for David O. Russell's 1970s caper.

Jared Leto, also a favorite for an Oscar nomination and win, earned the best supporting actor in a drama award for his transformative role in Dallas Buyers Club.

In the TV categories, HBO's Liberace biopic, Behind the Candelabra, continued the awards dominance it started at the Emmys in September with wins for the film itself and star Michael Douglas, while Breaking Bad enjoyed a post-series finale victory lap, nabbing Globes for the series itself and for star Bryan Cranston.

Netflix's House of Cards earned its first Golden Globe, going to Best Actress in a TV Drama winner Robin Wright.

Jacqueline Bisset, who won for her supporting work in the TV miniseries Dancing on the Edge provided the first awkward moment of the night with a pause-filled acceptance speech during which she worked in a profanity and advice from her mother: "Go to hell, and don't come back."

But that was just the beginning in a night full of off-kilter moments. Best song winner Alex Ebert started off his speech by recounting a party encounter with presenter Sean Combs. And Top of the Lake star Elisabeth Moss opened her best actress in a miniseries or TV drama speech with a simple, overwhelmed expletive.

Wolf of Wall Street co-stars Jonah Hill and Margot Robbie used a teleprompter mix-up as a chance to endear themselves to the audience. And best screenplay winner Spike Jonze, startled by music swelling up to play him off, countered with "Hey wait, I just got started."

Jennifer Lawrence and her Golden Globe for her role in American Hustle.
ALL PHOTOS JASON MERRITT/GETTY IMAGES

Amy Poehler and Tina Fey returned for a second year of hosting duties. Poehler also won best actress in a TV comedy for Parks and Recreation.

Amy Adams, who won best actress in a movie (musical or comedy) looked stunning in a two-tone mix of red and burgundy in this backless halter dress by Valentino.

The Best of Tina and Amy:

Three of their best quips:

- "[Gravity is] the story of how George Clooney would rather float away into space and die than spend one more minute with a woman his own age."
- "For his role in Dallas Buyers Club, [Matthew McConaughey] lost 45 pounds. Or what actresses call being in a film."
- "We're going to get this show done in three hours, or as Martin Scorsese calls it, Act One."

Bryan Cranston wins best actor in a TV series drama for Breaking Bad.

Online

For more red carpet looks and complete Golden Globes results, visit metronews.ca.

SCENE

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MIND THE APP
Kris Abel
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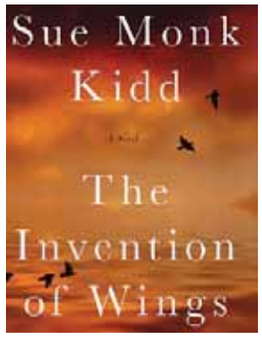
This brilliant puzzle book moves with its character, Anna. When she takes a turn, its pages rotate to match. As she passes a window, the illustrations change their view. Voices and music get louder as she approaches, completing an effect that is captivating and bewitching. In a spy-world Wonderland of hidden codes and secret switches, Anna needs your wits to survive.

Revisiting racism and flying high

Q&A. The Invention of Wings author, Sue Monk Kidd, tells Metro about the work that went into her latest hit

EMILY LAURENCE
Metro World News



It hasn't been out long at all and already Sue Monk Kidd's new book, The Invention of Wings, has landed itself on every "best" list (including ours) and been lauded by Oprah. The Secret Life of Bees author did it again. Alternating chapters between Sarah Grimke, a reluctant slave owner and her slave Hetty, The Invention of Wings captures the complexity of black-white friendships during the 1800s. Eavesdrop on our conversation with Kidd about the real-life Sarah Grimke and what Kidd found most disturbing about American slavery.

I didn't know until I read the author's note that Sarah and her sister were real women. What was it like discovering their stories and the fact that they've been overlooked historically?
It was definitely a surprise, especially since they lived in Charleston, where I was living at the time. I think they fell down a big crack in history and honestly, I imagine a lot of women fell in that crack.

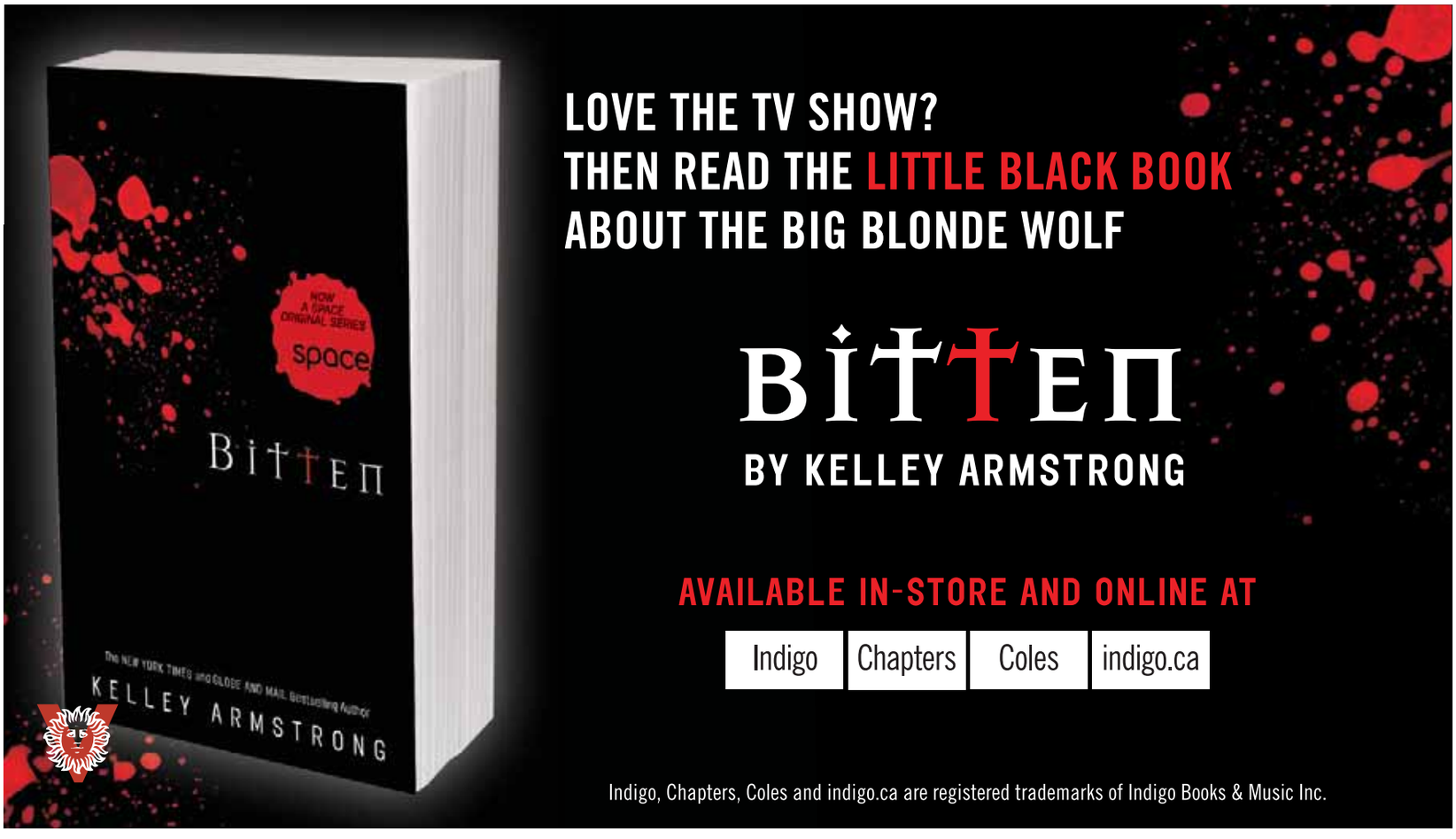
When you were doing your research, did you come across any other women whose stories you were tempted to tell?
I'm sure there are so many, but I really focused on Sarah and Angelina immediately when I discovered they were some of the earliest females that were pioneers for women's rights. I knew I wanted to tell the story of an enslaved woman and her owner. That was the only strong feeling I had about the characters, and luckily I was able to find this character both in history and in my imagination.

Sue Monk Kidd is famous for penning The Secret Life of Bees. ROLAND SCARPA

What made you write about Sarah as opposed to Angelina?
I initially thought I would write about Angelina too, but it became unbalanced with too many voices, so then I had to choose. I pretty much knew all along that it would be Sarah. For some reason, I gravitated toward her story; probably because she struggled so much to find her voice, which I can relate to, especially as a writer.

It doesn't sound like it was a good time to be a woman — black or white.
Exactly. That's one of the things I want people to take away from the book; how far we've come and how some of the greatest movements of the 20th century grew out of extraordinary movements in the 19th century.

There's so much historical detail in the book about the way urban slaves were treated. Was there anything you found especially upsetting when you were doing your research?
Everything I discovered was upsetting. There is a certain familiarity we think we have about slavery, but sometimes familiarity creates distance between us and the subject, which is not a good thing. It needs to be disturbing. I collected an enormous number of books about American slavery and also travelled to look at historical documents. A great deal of my research was in Charleston. The most disturbing thing I discovered was the work house. There were these houses (where slave owners) could pay to have their slaves worked, abused and controlled.



Cyber hybrids of Intelligence not so far-fetched, says Canuck star

Meghan Ory. Actress who plays Riley O'Neil surmises that it won't be long before we all have chips implanted in our brains

Meghan Ory, left, and Josh Holloway of Intelligence. CONTRIBUTED

The super-tech hero of CTV's new action drama Intelligence is always wired and always connected, thanks to the microchip implanted in his brain.

And although his globe-trotting escapades are entirely fiction, Canuck co-star Meghan Ory says the technology on display really isn't all that far-fetched.

"The thing that's really cool about the show is it's not science that's 100 years in the future — we're maybe 10 or 20 years away from this being possible," Ory said during a visit to Toronto last June.

"We're getting there. And this is just sort of the first peek at what may be to come, which is what I think is really exciting. We're all going to have chips in our brains," she added, chuckling.

Former Lost star Josh Holloway returns to TV as intelligence agent Gabriel Vaughn, a human super-computer whose digital capabilities offer a reboot of sorts to the '70s drama The Six Million Dollar Man.

The Victoria-bred Ory noted the CTV/CBS series has been billed as The Six Billion Dollar Man, but said Gabriel's powers highlight all sorts of modern dilemmas about the role technology increasingly plays in our day-to-day lives.

"It brings up the question of: What is our relationship with technology? What is too much and how much invasion of privacy do we want and how much access do we want all the time?" said Ory, most recently seen on the fantasy series Once Upon a Time.

And Gabriel struggles with that constantly. "He's the most expensive weapon that's ever been built, anything with an electronic signature he can access with his brain, so he's very powerful but he's also a human," Ory noted. "He's led by his emotions and that makes him a little bit unpredictable and he's a bit reckless. He doesn't like to follow the rules and that's where (my character) comes in because (she's) very by the book."

The 31-year-old Ory plays Riley, a whipsmart secret service agent who is brought on to protect the intelligence agency's biggest investment. And though she seems green, there's more to her than meets the eye, said Ory.

"She's been through some stuff, she's a tough cookie and she knows how to handle herself."

Their tense relationship offers a bit of humour and extra drama to the weekly missions, added Ory. And since every superhero needs a worthy adversary, she promised there will be a "super-villain" to challenge Gabriel's unique abilities. THE CANADIAN PRESS

Watch it...

- Intelligence airs Mondays at 10 p.m. on CTV.

Better Call Saul

Walter White's lawyer returning to Albuquerque

AMC announced this week that the Breaking Bad spinoff, Better Call Saul, will premiere in November 2014, but no specific date has been released. The series will follow sleazy attorney Saul Goodman, played by Bob Odenkirk, as he defends drug lords, criminals and those allegedly injured in minor traffic accidents.

The network has already created a website for the fictional lawyer, with Saul Goodman's signature videos boasting how he can get anyone out of legal trouble. Breaking Bad, which ended last year and was filmed in Albuquerque, followed former high school teacher Walter White, played by Bryan Cranston. White produced methamphetamine with a former student, Jesse Pinkman, played by Aaron Paul. Odenkirk played their attorney who came up with money laundering schemes. THE ASSOCIATED PRESS

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Hilary Duff and Mike Comrie. ALL PHOTOS GETTY IMAGES

No fairy-tale ending for Duff and Comrie

Ah, weekends. The perfect time to relax, sleep in, and grab brunch. Or if you're a celebrity, get married or divorced. So here are this past weekend's notable unions and dissolutions.

First up is Hilary Duff and ex-NHL star Mike Comrie, who announced in a statement over the weekend that they "have mutually decided to an amicable separation" and will "remain best friends and will continue to be in each other's lives." The two are parents to toddler Luca, of whom they'll have joint custody.

It certainly looks like an amicable split, with Hilary tweeting, "Mike and I are sitting here, we are so appreciative for all of your kindness & well wishes." She continued, "Not an easy day but we're getting thru it together."

Meanwhile, Pamela Anderson and pop culture footnote Rick Salomon (remember him? He's the guy who made Paris Hilton famous when he starred as the other half in that sex tape) announced their marriage over the weekend. "We're very happy," Pamela disclosed to E!. "Our families are very happy and that's all that matters." It's the second marriage for the couple — to each other. They were briefly tabloid fodder in 2007 when they were married for 10 weeks. **DOROTHY ROBINSON/ METRO WORLD NEWS**

Liam Payne

Is this band no longer headed in One Direction?

Rumours about strife in the ranks of One Direction have apparently gotten so widespread that Liam Payne himself had to take to Twitter in an attempt to put them to rest. "Lots of articles saying we are clashing," Payne wrote. "No one's clashing, we are just having a bit of family time after hitting the road for three years." The rumoured infighting is supposedly the result of Harry Styles wanting to "transform" the band's sound, according to a Daily Star story. "He thinks their next album is the perfect time to create a much edgier and more rock-and-roll image...."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

Styles won't be keeping up with the Kardashians

STARGAZING
Malene Arpe
scene@metronews.ca

Harry Styles, who is dating Kendall Jenner, has reportedly made it clear he will not appear on Keeping up with the Kardashians. "You're such a precious little thing," said Kris Jenner. "But I got Kanye West on the show. I think I can deal with you."

This past Monday was what is considered the most depressing day of the year. That is clearly nonsense, as Monday is when I heard that in the Wachowskis' Jupiter Ascending, Channing Tatum will play a half-wolf, half-human albino warrior. #sosohappy.

Billy Ray Cyrus is doing a hip hop remix of Achy Breaky Heart. As long as he isn't doing a Baroque remix of his mullet.

The Polar Vortex is: 1) A new Syfy series involving an outpost of disenchanted scientists raising wolf/human warrior hybrids. 2) A Canada Goose coat design. 3) Dairy Queen's new frozen treat. Suck it, Blizzard. 4) Billy Ray Cyrus' rapper name. 5) What spontaneously forms around you when you refuse to appear on Keeping up with the Kardashians.

David Copperfield has gotten engaged. Surprisingly, not to a mind-boggling illusion.

Justin Bieber's manager Scooter has gotten engaged. Surprisingly, not to Segway.

Queen Elizabeth reportedly demands that Prince Harry shave off his beard. Take that, everyone who believes the monarchy is powerless and irrelevant.

Chipper Brit Morrissey says that "I see no difference between eating animals and pedophilia." He also explains that beet salad and rapid zombie uprisings are pretty much the same.

Leonardo DiCaprio says that back in 2006 he was almost eaten by a shark. Fortunately his brigade of diving supermodels immediately went into action and saved him. (R.I.P. Natascha, Anna-Lisza and Frederiquechen.)

Amanda Bynes

Bynes a no-show at fashion school

Amanda Bynes is going back to school — or at least, it seems she was planning to. The troubled former child star reportedly enrolled for classes that began last week at the Orange County campus of the Fashion Institute of Design and Merchandising, though she was apparently a no-show on the first day, according to E! News. Bynes had made it clear via her lawyer that once she was out of treatment at a psychiatric facility she wanted to pursue a career in fashion, and she toured the FIDM campus in early December.

Justin Bieber's (alleged) eggscellent adventure

Sheriff's deputies are investigating Justin Bieber for yet another neighbourly dispute that could land the Canadian pop star in court. Los Angeles County Sheriff's spokesman Steve Whitmore says Bieber has been named as a suspect in a misdemeanour vandalism and assault crime report for allegedly throwing eggs at a neighbour's home in their gated Calabasas neighbourhood Thursday evening. Whitmore says the 19-year-old allegedly egged the house while his neighbour and neighbour's daughter were on the balcony. He says they videotaped the incident. Whitmore says Bieber won't speak to deputies. **THE ASSOCIATED PRESS**

Twitter

@ABFalecbaldwin
Abuse of political power is unforgivable.

@officialjaden
I'm Slowly Realizing I Need To Make A Trip Out To Norway

@Joan_Rivers
Heading back to NYC from L.A. Everything is so fake and plastic in L.A. — you'd think I'd fit right in, but I'm excited to be going home!

Push them out of the plane and stand back

Exclusively online

Be sure to read the latest from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Skydive Plane Parent. We've heard of helicopter parenting, but Metro's columnist has a new approach — allowing your kids to be (gasp) independent

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Don't baby them, they can handle making a sandwich and salad for lunch. ISTOCK

While watching a news segment on "Helicopter Parents," my daughter turned to me and said, "You're not a Helicopter Parent," which was not news to me. She continued, "You're more like a 'Skydive Plane Parent.' You push us out and don't look back." She paused and added, "You sometimes give us a parachute."

I am not sure if she meant this as a compliment or a complaint but I took it as the former.

Yes, I confess, I make my kids go to school when it's cold, but I don't think making your children go to school on a school day when it's safe to do so is pushing them out of a plane or otherwise. In fact, it is pretty much what we in the work world merely call "meeting expectations."

But maybe I'm harsh. I've also been known to let my son (then eight) start a dog walking business where he had to (gasp) walk the dogs on his own around our quiet neighbourhood. This resulted in calls from concerned parents that he was on his own (of course to which my response was, "I hope he had a dog with him or he's fired").

At age nine I let him ride his bike to school, by himself, crossing a busy intersection.

My 11- and 14-year-olds routinely get themselves breakfast, make their lunch and get out to the bus or walk to school when both my husband and I have to leave the house hours before they do.

They've been going to public washrooms by themselves since they could figure out the "M" versus "W" signs on the doors.

When my 14-year-old informed me I had to miss going out to a long-planned evening event because she needed me to help her study, as she had procrastinated, I answered with, "Are you new here?"

I had a good time at the event, thanks for asking.

I'm not always that mean. My 19-year-old son had his wallet and phone stolen in New Zealand, and I did help him. I cancelled the phone and his credit card.

Do these actions make me a "Skydive Plane Parent"? OK then. I push them, they keep coming back. Replace that umbilical cord with a rip cord. Give them the chance to exceed your expectations. **KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: A 8-STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS**

Resourceful animals still need winter help

The blast of polar air breaking records all over North America sent shelters and pet owners scrambling to keep sensitive paws and noses warm.

Veterinarians say the smaller the animal, the higher the risk of freezing to death. In dogs and cats, shivering and lethargy are two signs of trouble.

"The smaller you are, the more body surface you have, and the quicker you will lose body heat," said Dr. Douglas G. Aspros, immediate past president of the Illinois-based American Veterinary Medical Association.

If you need to warm a shivering animal, a quick and easy way is to heat a towel in the dryer and wrap it around them.

Many animals will be comfortable if they're moving but get cold when they slow down, said Dr. Brian Collins of the small animal clinic at Cornell University College of Veterinary Medicine in Ithaca, N.Y.

"They may refuse to walk because their feet are so cold," he said. "They might alternate picking up their feet because they don't want to leave them down too long."

Cats are probably the most resourceful animals in the cold, and feral cats are particularly hardy because they are so used to the outdoors, said Becky Robinson, president and founder of Alley Cat Allies in Baltimore.

But in this kind of a freeze, a helping hand could save a lot of lives, she said. She recommends putting water in plastic, rather than metal, bowls, with a pinch of sugar because it doesn't freeze as quickly, she said. It still has to be refreshed often, though. The vets warned drivers to check before starting cars because cats, domestic and feral, are drawn to warm engines and car hoods. An open clothes dryer is a warm spot that could lure an indoor cat, so keep the door shut.

Putting a coat on your dog isn't just a fashion statement. MARK LENNIHAN/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

More than just a pretty face: Spinach salad with squash, almonds and more

This recipe serves six and contains 320 calories per serving. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

You'll be surprised to find the abundance of nutrients that exist in this delicious and attractive salad.

The spinach, butternut squash and pomegranate seeds give you a trio of daily required vitamins and minerals. Spinach contains antioxidants that can fight cataracts, heart disease and certain cancers. Butternut squash is an excellent source of vitamin A, which gives you better skin and better eyesight. Pomegranates are known to help combat prostate cancer and Type 2 diabetes.

To access the seeds from a pomegranate, slice horizontally and, over a bowl, tap the skin-covered half with a wooden spoon until the seeds release.

The candied toasted almonds give you a special treat when you bite into this salad and they are so easy to achieve. You can prepare these nuts in advance and keep them stored in any airtight container.

This salad explodes with flavour and super foods but you can add some grilled protein, such as chicken, fish or meat, to make it a complete meal. If meat isn't your thing, you can add one cup of cooked grains such as quinoa or brown rice.

Directions

1. Preheat oven to 375 F. Line two baking sheets with foil and lightly coat with cooking spray.

2. Almonds: rinse with cold water. Drain but do not let dry. Place them in a bowl and add the 3 tbsp of brown sugar, cinnamon, nutmeg and ground ginger. Toss to coat. Spread out on one prepared baking sheet.

3. Meanwhile, mix squash cubes with 1 tbsp brown sugar and 2 tbsp maple syrup and place on other baking sheet. Bake nuts 8 minutes just until nuts begin to brown. Remove and let cool. Then chop. Bake squash for 20 minutes or just until tender. Cool slightly.

4. Salad: place the spinach, pomegranate seeds and squash in a large serving bowl.

5. To make the dressing whisk together the garlic, mustard, cider vinegar, 2 1/2 tbsp maple syrup, olive oil, lemon juice and salt and pepper in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

Almonds
- 1/3 cup whole almonds
- 3 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground ginger

Salad
- 12 oz butternut squash, cut into 1-inch cubes
- 1 tbsp brown sugar
- 2 tbsp maple syrup
- 8 cups baby spinach
- 1/2 cup pomegranate seeds

Maple Dressing
- 1 tsp minced garlic
- 1/2 tsp Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp maple syrup
- 3 tbsp olive oil
- 2 tsp lemon juice
- pinch of salt and pepper

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Need a lesson on leaving that lump alone? You've got Gail!

All hail Gail.
Canada's reigning queen of cash Gail Vaz-Oxlade imparts some serious cents to today's students

Canadians have come to know Gail Vaz-Oxlade as the no-nonsense provider of penny pinching wisdom on TV shows Til Debt Do Us Part, Princess and most recently, Money Moron. The Jamaica-born mother of two has written a library of books on the topic of bad spending, and she's now focusing her attention on today's cash-confused post-secondary students and their parents. In this excerpt from her new book, Saving for School, Vaz-Oxlade uses hypothetical students Sonny and Darling to explain how they and their parents can best handle a lump sum of moola, the likes of which could come from a scholarship, a bursary or a summer spent saving.

Here are the steps to help Darling and Sonny make a plan for how they'll use their lump-sum money.

Step 1
List all the money they'll have from summer employment, scholarships, bursaries, RESPs (the annual lump sum they'll withdraw), gifts from relatives and loans, along with any other money they can scrounge.

With plenty of studying to be done, post-secondary students often leave financial planning on the back burner. Preparing a game plan before hitting the books is key to graduating without a grievous student debt load. ISTOCK

Step 2
List the money they know they'll need to cover tuition, books and supplies, travelling to school at the beginning of the year and home again at the end (along with all the trips home in between), first and last months' rent or residence expenses, and the first grocery shop or student food plan.

Step 3
Figure out an amount to set aside for emergencies. *Do not skip this step.* Emergencies happen. That's a part of life. Being financially prepared for them means Darling and Sonny will have options in terms of how they deal with those balls from left field. Being unprepared is immature and short-sighted. I recommend at least $500. Make sure you talk about what constitutes an emergency; not everything is worthy of emergency status, no matter how dramatic Sonny or Darling may be.

An emergency is something that threatens your health or ability to continue at school, such as:

- A laptop that suddenly dies (even if it's because someone poured beer over the keyboard ... yes, it really happened to the daughter of a friend of mine).
- A power outage that causes all the food in the fridge to rot (again, yes, it really happened to Alex in her second year at school, when she was living off campus and a tree fell on the power lines).
- A trip home to deal with a sick relative, the death of a family member or friend, or another unexpected family event.

Who is in charge of the emergency money? Darling and Sonny need to take responsibility for managing it. You do want them to act like grown-ups, right? Then you must treat them as such. That means if they blow all their "emergency" money on beer and then their laptop dies, you keep your hands out of your pockets.

Step 4
Subtract what needs to be spent from the lump-sum amount and divide the remainder by the number of months at school to give you the amount that will cover monthly expenses. If Darling and Sonny are in a traditional program that lasts eight months of the year (leaving them with four months to work and make money for the next year), they'll have to figure out their budget for eight months. So take whatever is left after the lump-sum calculation and divide it by eight. Some people do school all year round, in which case you'd have to stretch that money over 12 months.

If there's no money left after the lump-sum exercise, work will be a must. There are all sorts of ways for kids to make money or reduce their expenses. Both my editor, Kate, and Alex's BFF, Callie, were residence dons, which meant their room and board were covered.

Kids shelve books at libraries, serve coffee and make sandwiches, or work retail. There are some programs that are so intensive that a part-time job isn't an option, in which case maybe Momsie and Pops will pony up with some money to help on a monthly basis.

If there is money left, dividing it up sensibly is the only way to make it last. Regardless, you need to have some sense of where that money is going to go each month.

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

More bang for your buck?

- Readers can visit metronews.ca to find more content from this excerpt, including advice on how to work out a plan for spending school money in the best possible way.
- Gail's Student Lump-Sum Money Worksheet will also be available for download.

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Is the five still alive?

Ask a professor. The five-paragraph essay was your intro into the analytical world, now let's go deeper

LEE SKALLERUP BESSETTE
Metro World News

Exhausting but enlightening: In a college or university essay, you have to answer more than the simple facts, dig into deeper historical questions and back up your points with solid research. ISTOCK

I am here today to liberate you. From what? From the tyranny of the five-paragraph essay that reigns over most high school careers. Sometimes it's called the 3.8-paragraph essay, but whatever the formulaic essay format that became the default for any "formal" writing you did for school, it's over. Now that you are in college, five paragraphs are no longer necessary, or even practical, for the kinds of writing you will need to do.

This isn't to say that organization and structure, thesis statements and conclusions, evidence and research are no longer relevant.

But it means that post-secondary writing gives you the opportunity to go further and deeper into a subject than was ever allowed in the rigid confines of five-paragraphs.

At the end of the day, what professors are looking for throughout your post-secondary education is to see students begin to think deeply and differently about a given subject or topic, to start asking hard questions and begin to try and answer them.

In high school, you were often called upon to give reports: book reports, lab reports, history reports and so forth. You did some research (also known as Google), and then dutifully copied these pieces of information and facts into a document or a PowerPoint to be repeated back to the teacher and the class. In college, that is only the beginning.

Asking questions, making connections, digging deeper: all things that take far more than five paragraphs to accomplish.

'Round the world wisdom

Build momentum when gravity is on your side

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Desert running, like most of life's projects, is rarely level. The vast majority of the Gobi race was run either up or downhill. Little of the course was flat: the starting elevation was 5,000 feet, the peak was 10,000 and the finish back down at 4,200 feet.

Take advantage of the times that the road of life offers you an easy street. ISTOCK

While most serious gains on competitors were earned while running uphill, where the speed of a strong climber is a significant advantage, I found that the downhill was the most unused opportunity.

Whenever gravity was on my side, I chose to push harder and go as fast as I could. Almost every time, I separated from my competitors and advanced far more than when running uphill.

Typically when we take on a difficult project, like running a desert, we experience arduous uphill battles, simple flat sections, and other moments that appear effortless like a downhill. When stages seem effortless, most of us tend to become complacent instead of making bigger gains and leaping ahead. In fact, we slow ourselves down. This comes at a huge cost to which we are blind, as employing more speed downhill not only helps us make fast progress, it also gives us momentum on the flat section that follows. And it can even power us over the next challenge.

Turn that effortless moment into momentum, or what I call "free" speed.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Firefighters face the heat both physically and emotionally on a daily basis. ISTOCK

The business of feeling beat. If your nine-to-five leaves you frequently frazzled, you may find your title on the list of the most stressful jobs of 2014

JULIA FURLAN
Metro World News

Living a stress-free life seems like the kind of thing only a self-help book or a spam email could promise — along with a diet whereby you can lose 10 pounds in a week or find "the one." In their annual survey of the most and least stressful jobs, CareerCast.com has a ranking of gigs that promise a lifestyle that won't wear thin employees' patience.

The rankings are based on surveys and numbers from the U.S. Bureau of Labor Statistics and census data, as opposed to polling of those in the jobs mentioned, and they reveal that things like frequent travel, deadlines, public scrutiny and physical danger cause stress to shoot way up.

It makes sense, then, that soldiers and firemen would have some of the most stressful jobs out there.

Conversely, roles with low levels of stress, such as an audiologist or a librarian, can offer professionals both growth potential and stability, while making for peaceful times at work.

How does your job compare to these shown in the charts below?

The most stressful jobs of 2014

- 1) Enlisted Military Personnel: $28,840
- 2) Military General: $196,300
- 3) Firefighter: $45,250
- 4) Airline Pilot: $114,200
- 5) Event Coordinator: $45,810
- 6) Public Relations Executive: $54,170
- 7) Corporate Exec (Senior) : $168,140
- 8) Newspaper Reporter: $35,870
- 9) Police Officer: $55,270
- 10) Taxi Driver: $22,820

Would it ease your stresses to be working with tresses? ISTOCK

The least stressful jobs of 2014

- 1) Audiologist: $69,720
- 2) Hair Stylist: $22,700
- 3) Jeweller: $35,350
- 4) University Professor (tenured): $64,290
- 5) Seamstress/Tailor: $26,280
- 6) Dietitian: $55,240
- 7) Medical Records Tech: $34,160
- 8) Librarian: $55,370
- 9) Multimedia Artist: $61,370
- 10) Drill Press Operator: $35,580

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James van Riemsdyk scores the shootout winner on New Jersey Devils goalie Cory Schneider on Sunday at Air Canada Centre. CARLOS OSORIO/TORSTAR NEWS SERVICE

Van Riemsdyk helps Leafs stem losing tide

NHL. Toronto forward proves doubly important to ending four-game skid with goal in regulation and shootout

On Sunday

Maple Leafs	Devils
3	2

It wasn't a masterpiece, but the Toronto Maple Leafs' losing streak is over.

James van Riemsdyk scored the shootout winner as the Leafs beat the New Jersey Devils 3-2 Sunday night at Air Canada Centre to end their skid at four games. It was their first victory since the Winter Classic.

During regulation, Tyler Bozak and van Riemsdyk scored for Toronto (22-20-5). Adam Henrique and Ryane Clowe had New Jersey's goals.

Leafs goaltender Jonathan Bernier stopped 36 of the 38 shots he faced to get his 14th win. Cory Schneider, who narrowly missed out on making the U.S. Olympic team as the third goalie, made 23 saves in a losing effort.

The Leafs have only two regulation victories in their past 26 games. They're 9-13-4 dating to Nov. 21.

A night after beating the Panthers with two seconds left in overtime, New Jersey fell to 0-6 in shootouts this season.

This was the third game in four nights for the Devils (19-19-9), and that wear and tear was noticeable throughout as they lacked the jump that opponents have seemed to show against the Leafs lately. New Jersey players took four penalties Sunday night, all two-minute minors for high-sticking.

THE CANADIAN PRESS

NHL

Maurice replaces Noel as Jets coach

Claude Noel is out as coach of the Winnipeg Jets, replaced by former Leafs coach Paul Maurice.

Noel was fired amid a five-game losing streak that dropped the Jets to 19-23-5 and 10 points back of the final playoff spot in the Western Conference.

Noel, hired after the Atlanta Thrashers moved to Winnipeg before the 2011-12 season, went 80-79-18 during his tenure with the Jets.

THE CANADIAN PRESS

Australian Open

Wawrinka cruises through to Round 2 in Melbourne

Stanislas Wawrinka was the first man through to the second round at the Australian Open, advancing after just 15 games Monday when Andrey Golubev retired with an injured left leg. THE ASSOCIATED PRESS

The Drake equation

"We built up a personal relationship. I'm excited to see him begin his career here. I think that everybody's excited."

Hip-hop star Drake who is downplaying his role in helping bring England soccer star Jermain Defoe to Toronto FC. In his role as MLSE's global ambassador, the 27-year-old Torontonian spoke to Defoe several times by phone during negotiations. MLSE president and CEO Tim Leiweke has said the calls made a difference.

Patrick Chan won gold at the Canadian championships on Saturday in Ottawa. THE CANADIAN PRESS

Heavy medal favourites from Canada

Loaded with rookies, but brimming with promise — Canada's young figure skating team for the Sochi Olympics might turn out to be its best ever.

Three-time world champion Patrick Chan and Olympic ice dance gold medallists Tessa Virtue and Scott Moir headline a 17-member Canadian figure skating team for Sochi that has 14 first-timers.

The team has set a goal for three medals in Sochi — in men's singles, ice dance, and the new team event — which would match its best ever result of three in 1988 in Calgary.

But Canada's figure skating team — the largest among all countries at the Games — has other podium threats in Meaghan Duhamel and Eric Radford, bronze medallists at the 2013 world championships, and ice dancers Kaitlyn Weaver and Andrew Poje.

"Do we have the potential to possibly get more? Yes," said Skate Canada's high performance director Mike Slipchuk. "But we don't want to set a number that is possibly unattainable but also puts undue pressure on skaters that don't need to feel that burden."

We've got Games

Team Canada is ready to make some noise in Sochi and Metro will be there to follow them. Go to metronews.ca/gameon for the latest in video, photos, chat and news from the 2014 Winter Games.

The No. 1-ranked Canadians are virtually a lock for a medal in the team event, which has a male, female, pairs team and ice dance team from each country skate a short and long program.

For Chan, and Virtue and Moir, the team event that begins two days before the opening ceremonies is a chance to deal with some of the pressure.

"It would be cool to have a medal in your pocket already going into your individual event," Chan said. "I think it would be like 'Hey the medal is really not that big of a deal.' It's exciting, it's awesome, but we still have a job to do, there's still life after winning a medal."

THE CANADIAN PRESS

Peyton prevails over postseason pressure to earn rematch with Pats

NFL playoffs. Broncos hold off a 4th-quarter Chargers comeback to set up Brady vs. Manning

Peyton Manning welcomed Wes Welker back into the lineup with a touchdown toss and the Denver Broncos narrowly avoided a repeat of their playoff slip from last year, advancing to the AFC championship game with a 24-17 win over the San Diego Chargers on Sunday.

The Broncos (14-3) controlled the game for 3 1/2 quarters before Philip Rivers capitalized on an injury to cornerback Chris Harris Jr. to stage a comeback reminiscent of Baltimore's shocking win at Denver exactly a year earlier.

This time, however, Manning rescued the Broncos from the brink of another crushing collapse and sent them into the title game for the first time in eight seasons.

They'll host the New England Patriots (13-4) on Sunday. Get ready for Brady vs. Manning once more.

In the most recent matchup of QBs with Hall of Fame credentials, Tom Brady and the Patriots rallied past Manning and the visiting Broncos 34-31 in overtime on Nov. 24.

"It's the Broncos versus the Patriots, and certainly Tom and I have played against each other a lot," Manning said after beating San Diego. "But when you get to the AFC championship, it's about two good teams that have been through a lot to get there."

Manning, in the playoffs for a record 13 seasons as a quarterback, ended a personal three-game post-season skid.

THE ASSOCIATED PRESS

Peyton Manning marches off the field after beating the Chargers.
CHRISTIAN PETERSEN/GETTY IMAGES

Divisional round

Broncos	Chargers
24	17

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	45	29	14	2	129	98	60
Tampa Bay	45	27	14	4	132	109	58
Montreal	46	26	15	5	117	107	57
Detroit	45	20	15	10	118	126	50
Toronto	47	22	20	5	128	143	49
Ottawa	46	20	18	8	131	146	48
Florida	45	17	21	7	105	139	41
Buffalo	44	13	26	5	77	121	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	45	22	16	7	136	135	51
NY Rangers	47	24	20	3	118	124	51
Philadelphia	46	23	19	4	121	129	50
New Jersey	47	19	18	10	108	117	48
Carolina	45	19	17	9	111	128	47
Columbus	45	21	20	4	126	129	46
NY Islanders	47	18	22	7	130	152	43

Sunday's results
Buffalo 2 Washington 1 (SO)
NY Islanders 4 Dallas 2
Toronto 3 New Jersey 2 (SO)
Chicago 5 Edmonton 3
NY Rangers 4 Philadelphia 1
Minnesota 4 Nashville 0
Detroit at Anaheim
Saturday's results
Tampa Bay 6 Philadelphia 3
Montreal 2 Chicago 1 (OT)
Ottawa 2 Nashville 1 (SO)
Columbus 6 Winnipeg 3
New Jersey 2 Florida 1 (OT)
Colorado 4 Minnesota 2
Anaheim 5 Phoenix 3
Pittsburgh 2 Calgary 1
Detroit 3 Los Angeles 1
Boston 1 San Jose 0
Friday's results
NY Rangers 3 Dallas 2
Washington 3 Toronto 2
Columbus 3 Carolina 0
NY Islanders 2 Colorado 1 (OT)
Edmonton 4 Pittsburgh 3 (OT)
Vancouver 2 St. Louis 1
Monday's games — All Times Eastern
Calgary at Carolina, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Phoenix at Winnipeg, 8 p.m.
Vancouver at Los Angeles, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	48	30	8	10	175	132	70
St. Louis	44	31	8	5	161	99	67
Colorado	45	28	12	5	132	115	61
Minnesota	48	25	18	5	118	119	55
Dallas	45	20	18	7	127	139	47
Nashville	47	19	21	7	109	141	45
Winnipeg	47	19	23	5	128	145	43

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	47	34	8	5	160	119	73
San Jose	46	28	12	6	148	116	62
Los Angeles	46	27	14	5	119	96	59
Vancouver	46	24	13	9	123	114	57
Phoenix	44	21	14	9	133	136	51
Calgary	45	15	24	6	101	144	36
Edmonton	48	15	28	5	126	169	35

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	42	67
Kane, Chi	23	31	54
Tavares, NYI	20	34	54
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Kunitz, Pgh	24	25	49
Sharp, Chi	25	23	48

Not including last night's games

NFL

DIVISIONAL PLAYOFFS

Sunday's results
San Francisco 23 Carolina 10
Denver 24 San Diego 17
Saturday's results
Seattle 23 New Orleans 15
New England 43 Indianpolis 22

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 19
New England vs. Denver
San Francisco at Seattle

SUPER BOWL

Sunday, Feb. 2
At East Rutherford, N.J.
AFC champion vs. NFC

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	29	7	.806	—
d-Miami	27	10	.730	2½
Atlanta	20	18	.526	10
d-Toronto	18	17	.514	10½
Chicago	17	18	.486	11½
Washington	16	19	.457	12½
Detroit	16	22	.421	14
Brooklyn	15	22	.405	14½
Charlotte	15	23	.395	15
New York	14	22	.389	15
Cleveland	13	24	.351	16½
Boston	13	25	.342	17
Philadelphia	12	25	.324	17½
Orlando	10	27	.270	19½
Milwaukee	7	29	.194	22

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	29	8	.784	—
d-Portland	28	9	.757	1
Oklahoma City	28	9	.757	1
d-L.A. Clippers	26	13	.667	4
Golden State	25	14	.641	5
Houston	24	14	.632	5½
Phoenix	21	15	.583	7½
Dallas	22	16	.579	7½
Denver	19	17	.528	9½
Minnesota	18	19	.486	11
Memphis	17	19	.472	11½
New Orleans	15	21	.417	13½
L.A. Lakers	14	23	.378	15
Sacramento	13	22	.371	15
Utah	12	26	.316	17½

d - division leaders
Sunday's results
Sacramento 124 Cleveland 80
Memphis 108 Atlanta 101
San Antonio 104 Minnesota 86
Saturday's results
Houston 114 Washington 107
Toronto 96 Brooklyn 80
Detroit 110 Phoenix 108
New York 102 Philadelphia 92
Oklahoma City 101 Milwaukee 85
Chicago 103 Charlotte 97
Dallas 110 New Orleans 107
Denver 120 Orlando 94
Portland 112 Boston 104
Monday's games — All Times Eastern
Milwaukee at Toronto, 7 p.m.
Houston at Boston, 7:30 p.m.
Phoenix at New York, 7:30 p.m.
Washington at Chicago, 8 p.m.
San Antonio at New Orleans, 8 p.m.
Orlando at Dallas, 8:30 p.m.
Denver at Utah, 9 p.m.

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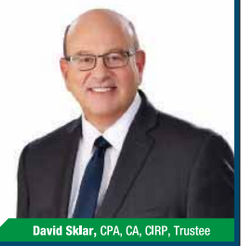

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Horoscopes

Aries
March 21 - April 20
No matter how many times you have fallen short in the past you will succeed this week so make the most of it – show the world what a star you really are.

Taurus
April 21 - May 21
Don't listen to those who counsel caution. The only reason they don't want you to do anything adventurous is because they are worried it will make them look bad.

Gemini
May 22 - June 21
Your values will change in important ways over the next few days, especially in how you look at money. What you need to learn is that it's not what you earn that counts but what you do with what you've got.

Cancer
June 22 - July 23
Even if you disagree with someone on a point of principle you can still work together, so stay on good terms and seek a compromise solution.

Leo
July 24 - Aug. 23
You may know what you are after but you still need help in getting it. If you don't ask for assistance today you may find yourself being left behind on the work front.

Virgo
Aug. 24 - Sept. 23
The Sun is on your side and your confidence is high, so do something special over the next few days. By this time next week it won't be so easy to stand out, so give it your all, creatively and romantically, while you can.

Libra
Sept. 24 - Oct. 23
You may feel sorry for someone whose luck appears to have deserted them but you are still advised to keep your distance and not get personally involved.

Scorpio
Oct. 24 - Nov. 22
You seem to be more open towards strangers than usual and that's good because someone you meet over the next few days could become not just a friend but also a business partner.

Sagittarius
Nov. 23 - Dec. 21
Something will happen over the next 24 hours that makes you feel a lot better about your long-term prospects. It will also make you realize that wealth is as much a state of mind as anything else.

Capricorn
Dec. 22 - Jan. 20
The Sun remains in your birth sign only until the 20th, so you have a week to make things happen. You can still make things happen after that date but there will be more obstacles for you to overcome.

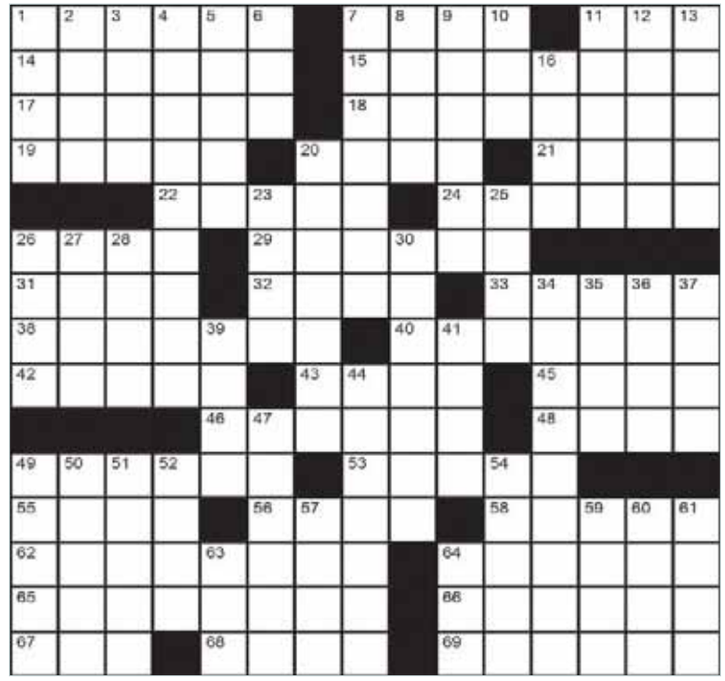
Aquarius
Jan. 21 - Feb. 19
You will take the chance to help someone in need and won't think twice about it. However, make clear that you expect them to look after themselves after that.

Pisces
Feb. 20 - March 20
You will leave your task to the last minute today – and because you have to act fast and without thinking will most likely make a good job of it. Living on the edge is OK but not all the time. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

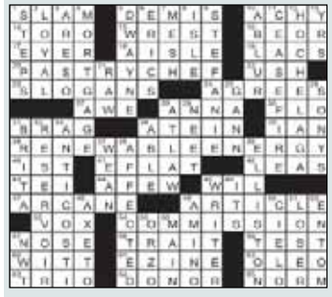
BY KELLY ANN BUCHANAN



Across
1. Jewellery fasteners
7. Rapini, aka Broccoli __
11. Caesar's 1002
14. Hilo's home
15. They lay in northeast Alberta: 2 wds.
17. Wired to the web
18. Drew and Jonathan Scott, The Property __
19. "It __ Me" by Shaggy feat. Rikrok
20. MGM co-founder, Marcus __
21. Francoise's friend
22. Baseball: Up __ __
24. Lowest
26. "The Exorcist" (1973) actor, __ __. Cobb
29. Ms. Bronte's
31. "Pay __ __ mind."
32. Pet shelter org.
33. __ d'art
38. Advocate: 2 wds.
40. Castle towers
42. Tuscan city
43. Chemical suffixes
45. Mr. Estrada
46. Silk-like fabrics
48. Partners for Tacs (Mint candies)
49. Those using the '+ sign'
53. Music: Sister duo from Australia
55. Tide type
56. After mil. combat affliction
58. "Monster-__-__" (2005)
62. Ottawa-__, Canada's Capital Region
64. '80s series, "Remington __"
65. MuchMusic's legendary "__ Circus"
66. Breadwinner
67. Business name abbr.
68. Diner side order
69. Region of France

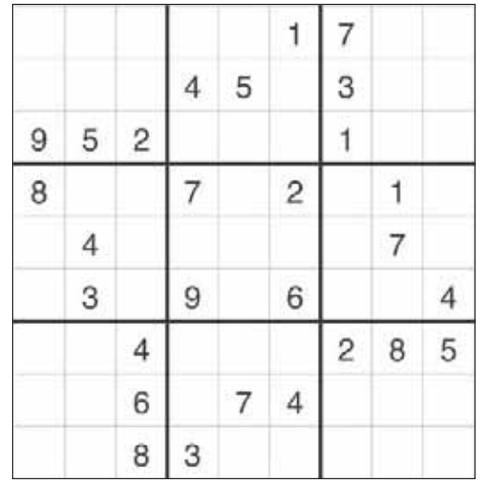
Down
1. Purina Cat __
2. Ms. Turner
3. Cobbler's tools
4. New Brunswick city: 2 wds.
5. Patched-coat horse
6. "Sprechen __ Deutsch?"
7. "I wanna be reprogrammed." goes this Hannah Georgas tune
8. 'Million' suffix
9. Move, as tumbleweed: 2 wds.
10. Cheers __. 1895
11. Boeotian Muse of memory
12. "Mandela: Long Walk to Freedom" (2013) star Mr. Elba
13. "The table __ __!" (Suppertime exclamation)
16. Gotchas!
20. Eel variety
23. Kiss, in Madrid
25. Biblical instrument
26. Gloss-placing spots
27. Dainty case
28. 'Susp' suffix
30. Grew less light in the day
34. Some denizens of Nova Scotia, Cape __
35. Ms. Ryan of "Star Trek: Voyager"
36. 'Synth' suffix
37. Disapproves
39. Hilary of "Love It or List It"
41. Known-by-letters land
44. 1668: Ship in the Hudson's Bay Company's history
47. Kansas motto: 'Ad astra per __' (To the stars through difficulties)
49. Winged figure
50. Gave out
51. Courted
52. Heroic
54. Winnipeg area, St. __
57. Cocktails, Mai __
59. Ms. Horne
60. Novelist Mr. Waugh
61. Are, in the past
63. Utmost degree
64. Baltic, for one

Friday's Crossword



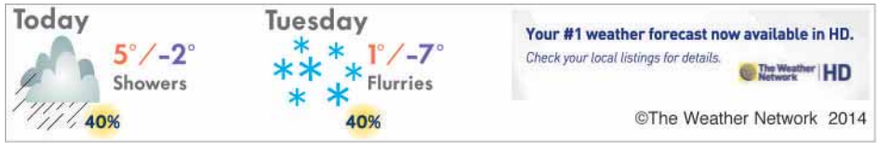
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

4	5	8	2	3	9	7	6	1
1	9	3	4	7	6	8	5	2
7	6	2	5	8	1	9	3	4
6	4	1	9	2	3	5	7	8
3	2	7	1	5	8	6	4	9
5	8	9	7	6	4	2	1	3
2	3	5	8	4	7	1	9	6
8	1	6	3	9	5	4	2	7
9	7	4	6	1	2	3	8	5



Monday, January 13th 2014

EXCLUSIVE

The London Tube

Defoe signs with Toronto FC

Weather Forecast
London, United Kingdom

Monday	4°C	
Tuesday	5°C	

Striker Jermain Defoe announces departure.

Britain football fans all choked up over Jermain Defoe's departure to TFC

"It's a Bloody Big Deal"

It's a good day for Toronto FC but a painful one for Britain as the news of Jermain Defoe's departure from Tottenham Hotspur is announced. "It's a bloody big deal," says long time fan.

With 55 caps and 19 goals for England, Jermain Defoe will make the switch from Premier League to Major League Soccer this season. Defoe was ranked the fifth highest goal scorer in Tottenham's history and his decision to transfer to MLS can only mean great things for Toronto FC.

ADVERTISEMENT